



National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER

# Inventory of Psychosocial Functioning (IPF)

**Version date:** 2020

**Reference:** Marx, B. P., Schnurr, P. P., Lunney, C.,  
Weathers, F. W., Bovin, M. J., & Keane, T. M. (2020).  
The Inventory of Psychosocial Functioning (IPF).  
[Measurement instrument]. Available from <https://www.ptsd.va.gov>.

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## Scoring Instructions for the Inventory of Psychosocial Functioning (IPF)

- ▶ The IPF yields a mean score for the total scale and mean scores for each of the 7 subscales.
- ▶ Items are scored on a 0 (*never*) to 6 (*always*) scale, with higher scores indicating greater functional impairment.
- ▶ For each subscale in which 80% or more of the items are answered, we compute a score by summing all scored items (correcting for reverse coded items), dividing by the highest possible score for the items answered (i.e., # of items answered multiplied by 6), and multiplying by 100. Each subscale yields a score on a 0-100 range.
  - ▶ Subscales (underlined items are reversed in scoring)
    - ▶ Romantic relationships: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.
    - ▶ Family: 12, 13, 14, 15, 16, 17, 18.
    - ▶ Work: 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39.
    - ▶ Friendships and socializing: 40, 41, 42, 43, 44, 45, 46, 47.
    - ▶ Parenting: 48, 49, 50, 51, 52, 53, 54, 55, 56, 57.
    - ▶ Education: 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72.
    - ▶ Self Care: 73, 74, 75, 76, 77, 78, 79, 80.
- ▶ Grand mean score: mean of all completed IPF scales. As participants may skip certain subscales that do not apply to them, the total sum of all completed IPF scale scores is divided by the actual number of subscales completed by the participant.

## IPF

**Instructions:** Answer the questions at the beginning of each section to determine which sections apply to you. Then, within the sections that apply to you, read each statement and rate how often you have acted like that **over the past 30 days**. Circle only one number for each statement.

### Romantic Relationship with Spouse or Partner

Have you been in a romantic relationship with a spouse or partner in the past 30 days?

Yes  No

**If you have not been in a romantic relationship with a spouse or partner during the past 30 days skip this section** and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days:	Never	Sometimes					Always
		1	2	3	4	5	
1. When necessary, I cooperated on tasks with my spouse or partner.	0	1	2	3	4	5	6
2. I shared household chores or duties with my spouse or partner.	0	1	2	3	4	5	6
3. I had trouble sharing thoughts or feelings with my spouse or partner.	0	1	2	3	4	5	6
4. I showed interest in my spouse or partner's activities.	0	1	2	3	4	5	6
5. I had trouble settling arguments or disagreements with my spouse or partner.	0	1	2	3	4	5	6
6. I was patient with my spouse or partner.	0	1	2	3	4	5	6
7. I had trouble giving emotional support to my spouse or partner.	0	1	2	3	4	5	6
8. I was affectionate with my spouse or partner.	0	1	2	3	4	5	6
9. My partner or spouse and I did activities that brought us closer together.	0	1	2	3	4	5	6
10. I was interested in sexual activity with my spouse or partner.	0	1	2	3	4	5	6
11. I had trouble becoming sexually aroused with my spouse or partner.	0	1	2	3	4	5	6

## Family

**In this section, family refers to all relatives other than your spouse/partner or children (for example, parents, brothers, sisters, grandparents, etc). Do not answer these questions in reference to your spouse/partner or children.**

Have you been in contact with family members (parents, brothers, sisters, grandparents, etc.) in the past 30 days?

Yes  No

**If you have not been in contact with family during the past 30 days skip this section** and continue with the next section. Otherwise, please answer the following questions.

<b>Over the past 30 days:</b>	<b>Never</b>	<b>Sometimes</b>					<b>Always</b>
12. I stayed in touch with family members (e.g. phone calls, e-mails, texts).	0	1	2	3	4	5	6
13. My family and I did activities that brought us closer together.	0	1	2	3	4	5	6
14. I was affectionate with my family members.	0	1	2	3	4	5	6
15. I had trouble being patient with family members.	0	1	2	3	4	5	6
16. I had trouble communicating thoughts or feelings to family members.	0	1	2	3	4	5	6
17. I had trouble giving emotional support to family members.	0	1	2	3	4	5	6
18. I had trouble settling arguments or disagreements with family members.	0	1	2	3	4	5	6

## Work (including home-based work)

Have you worked (either for pay or as a volunteer) in the past 30 days?

Yes  No

**If you have not worked either for pay or as a volunteer during the past 30 days skip this section** and continue with the next section. Otherwise, please answer the following questions.

<b>Over the past 30 days:</b>	<b>Never</b>	<b>Sometimes</b>					<b>Always</b>
19. I had trouble showing up on time for work.	0	1	2	3	4	5	6
20. I reported for work when I was supposed to.	0	1	2	3	4	5	6
21. I got along well with others at work.	0	1	2	3	4	5	6
22. I stayed interested in my work.	0	1	2	3	4	5	6
23. I had trouble being patient with others at work.	0	1	2	3	4	5	6
24. I performed my job to the best of my ability.	0	1	2	3	4	5	6
25. I completed my work on time.	0	1	2	3	4	5	6
26. I had trouble settling arguments or disagreements with others at work.	0	1	2	3	4	5	6
27. I solved problems or challenges at work without much difficulty.	0	1	2	3	4	5	6
28. I maintained a reasonable balance between work and home.	0	1	2	3	4	5	6
29. I was able to perform my work duties without needing any extra help.	0	1	2	3	4	5	6
30. When necessary, I cooperated on work-related tasks with others.	0	1	2	3	4	5	6
31. I showed my skills and knowledge of the job.	0	1	2	3	4	5	6
32. I showed others at work that they could depend on me.	0	1	2	3	4	5	6
33. I came up with ideas and put them into action at work.	0	1	2	3	4	5	6
34. I took responsibility for my work.	0	1	2	3	4	5	6
35. I prioritized work-related tasks appropriately.	0	1	2	3	4	5	6
36. I worked hard every day.	0	1	2	3	4	5	6
37. I made sure that the work environment was pleasant for others.	0	1	2	3	4	5	6
38. I had trouble expressing my ideas, thoughts or feelings to others at work.	0	1	2	3	4	5	6
39. I had trouble being supportive of others at work.	0	1	2	3	4	5	6

## Friendships and Socializing

Have you been in contact with friends in the past 30 days?

Yes  No

**If you have not been in contact with friends during the past 30 days skip this section** and continue with the next section. Otherwise, please answer the following questions.

<b>Over the past 30 days:</b>	<b>Never</b>	<b>Sometimes</b>					<b>Always</b>
40. I was willing to meet new people.	0	1	2	3	4	5	6
41. I stayed in touch with friends (returning phone calls, emails, visiting).	0	1	2	3	4	5	6
42. My friends and I did activities that brought us closer together.	0	1	2	3	4	5	6
43. I had trouble being patient with my friends.	0	1	2	3	4	5	6
44. I had trouble settling arguments or disagreements with my friends.	0	1	2	3	4	5	6
45. I had trouble sharing my thoughts or feelings with my friends.	0	1	2	3	4	5	6
46. I had trouble giving emotional support to my friends.	0	1	2	3	4	5	6
47. I showed affection for my friends.	0	1	2	3	4	5	6

## Parenting

In this section, children refers to anyone for whom you had parenting responsibilities.

Do you have children with whom you lived or had regular contact during the past 30 days?

Yes  No

**If you do not have children with whom you lived or had regular contact during the past 30 days skip this section** and continue with the next section. Otherwise, please answer the following questions.

Over the past 30 days:	Never	Sometimes					Always
48. My children were able to depend on me for whatever they needed.	0	1	2	3	4	5	6
49. I was interested in my children's activities	0	1	2	3	4	5	6
50. I had trouble communicating with my children.	0	1	2	3	4	5	6
51. I was affectionate with my children.	0	1	2	3	4	5	6
52. I appropriately shared thoughts or feelings with my children.	0	1	2	3	4	5	6
53. My children and I did activities that brought us closer together.	0	1	2	3	4	5	6
54. I talked with, or taught, my children about important life issues.	0	1	2	3	4	5	6
55. I was a good role model for my children.	0	1	2	3	4	5	6
56. I had trouble giving emotional support to my children.	0	1	2	3	4	5	6
57. I had trouble settling conflicts or disagreements with my children.	0	1	2	3	4	5	6



## Education (including distance learning)

Have you been involved in a formal educational experience, either in or outside of the school setting, during the past 30 days?

Yes  No

**If you have not been involved in an educational experience during the past 30 days skip this section and continue with the next section.** Otherwise, please answer the following questions.

Over the past 30 days:	Never	Sometimes					Always
58. I attended classes regularly.	0	1	2	3	4	5	6
59. I stayed interested in my classes and schoolwork.	0	1	2	3	4	5	6
60. I arrived on time for my classes.	0	1	2	3	4	5	6
61. I had trouble being supportive of my classmates' achievements.	0	1	2	3	4	5	6
62. I turned in assignments late.	0	1	2	3	4	5	6
63. I solved problems and challenges in class without much difficulty.	0	1	2	3	4	5	6
64. I took responsibility for my schoolwork.	0	1	2	3	4	5	6
65. I was patient with my classmates and/or instructors.	0	1	2	3	4	5	6
66. I had trouble settling disagreements or arguments with instructors and/or classmates.	0	1	2	3	4	5	6
67. I had trouble remembering what the instructor said.	0	1	2	3	4	5	6
68. I could easily remember what I read.	0	1	2	3	4	5	6
69. I understood course material.	0	1	2	3	4	5	6
70. When necessary, I cooperated with classmates.	0	1	2	3	4	5	6
71. I got along with classmates and/or instructors.	0	1	2	3	4	5	6
72. I completed my schoolwork to the best of my ability.	0	1	2	3	4	5	6

## Self Care

<b>Over the past 30 days:</b>	<b>Never</b>	<b>Sometimes</b>					<b>Always</b>
73. I had trouble keeping up with household chores (for example, cleaning, cooking, yard work, etc).	0	1	2	3	4	5	6
74. I maintained good personal hygiene and grooming (for example, showering, brushing teeth, etc).	0	1	2	3	4	5	6
75. I had trouble managing my medical care (for example, medications, doctors' appointments, physical therapy, etc).	0	1	2	3	4	5	6
76. I ate healthy and nutritious meals.	0	1	2	3	4	5	6
77. I had trouble keeping up with chores outside the house (shopping, appointments, other errands).	0	1	2	3	4	5	6
78. I had trouble managing my finances.	0	1	2	3	4	5	6
79. I was physically active (for example, walking, exercising, playing sports, gardening, etc).	0	1	2	3	4	5	6
80. I spent time doing activities or hobbies that were fun or relaxing.	0	1	2	3	4	5	6